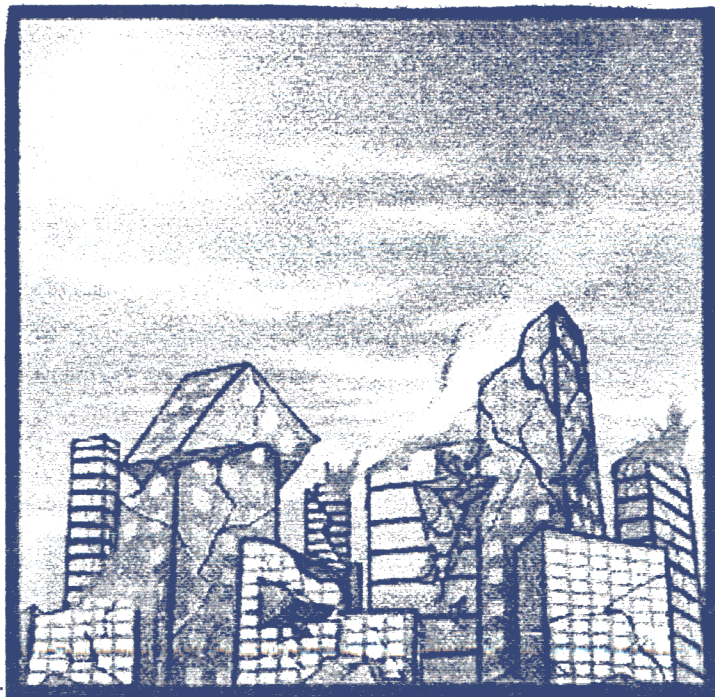


## BEING PREPARED WILL INCREASE THE CHANCES OF YOU AND YOUR FAMILY SURVIVING A DISASTER!

The recent earthquake near Gilroy increased our awareness of this type of natural disaster. The media carried stories on the correct emergency supplies and where to purchase them. Unfortunately, what sounds like a great idea while the story is being broadcast or even the next day is forgotten as we go about our busy lives.

This booklet contains basic information that will assist you and your family in preparing for emergencies and disasters. Not having the correct emergency supplies or family information will make it more difficult for you to function during the interruption of government services occurring during major disasters.



## **EARTHQUAKE ACTIONS**

### **During the shaking...**

#### **Indoors:**

- ☐ Get under a sturdy table, desk or bed, or brace yourself in a doorway.
- ☐ Keep your back to windows and protect face and head by covering with your arms.
- ☐ Maintain position until shaking stops.

#### **Outdoors:**

- ☐ Move to an open area away from buildings, trees, and power lines and poles.
- ☐ Drop to your knees and protect face and head by covering with your arms.
- ☐ Maintain position until shaking stops.

#### **Automobile:**

- ☐ Pull over to the side of road and avoid stopping on or under overpasses.
- ☐ Turn off ignition and set brake.
- ☐ Remain inside the car until shaking stops.

#### **Disabled:**

- ☐ If in a wheelchair, stay in it. Move under a doorway or to an inside wall. Lock wheels and cover face and head with your arms.
- ☐ If in bed or out of wheelchair, seek cover under bed or table, if possible, and cover face and head with your arms.
- ☐ Maintain position until shaking stops.

## **AFTER THE SHAKING**

- ☐ Do not turn on lights or light any matches.
- ☐ Put on sturdy shoes to avoid injury from broken glass or other debris.

- ☐ Check for injuries and render first aid.
- ☐ Check for fire hazards and shut off utilities, if indicated. Note: Do not turn utilities back on until the utility company has advised that it is safe to do so.
- ☐ Draw water into bathtub or sink. If there are major leaks or ruptured pipes, close water valve to prevent contamination.
- ☐ Check foundation, roof and chimney for damage and clean up any potentially harmful material.
- ☐ Check neighbors for trapped or injured people.
- ☐ Report to Neighborhood Disaster Coordinator.

## **BE PREPARED FOR AFTERSHOCKS**

## **FAMILY PREPAREDNESS**

**FAMILY DISASTER PLAN:** All family members should discuss what actions will be taken following an earthquake or other disaster, regardless of where they may be when the disaster occurs. The Family Disaster Plan should be posted on the refrigerator, by the phone, or in some other conspicuous place. All family members should be familiar with it and should be prepared to take appropriate actions if they are at home alone when the disaster occurs. The following issues should be addressed when developing the Family Plan.

### **Evacuation**

- ☐ Identify all exits and alternate escape routes from your house or apartment and keep them clear.
- ☐ Establish a safe meeting place outside of the house where all family members will meet.
- ☐ Maintain one-half tank of gas in your car at all times and identify an evacuation route which is most likely to remain open and passable following an earthquake. (Avoid bridges, freeways, underpasses, and overpasses.)
- ☐ Identify the nearest Red Cross-designated shelter to your home and workplace.
- ☐ Note: Limited medical assistance will be available at all shelters.
- ☐ If you must evacuate your home:
  - post a message indicating where you have gone
  - take vital documents and emergency supplies and equipment, including medications with you
  - confine pets in basement, garage, or bathroom with plenty of water

### **Family Reunification**

- ☐ Establish 1 or 2 reunion locations (i.e. Red Cross shelter, relative or friend's home) in the event of separation. Note: The Red Cross will compile a list of missing persons.
- ☐ Designate an out-of-state or area contact for family members to notify of their location and condition.

### **Communications**

- ☐ Do not use the telephone, except for emergencies.

- ☐ Disaster information and emergency instructions will be announced on radio station KCBS (740AM) or KNBR (680 AM).
- ☐ Identify nearest source of emergency two-way radio communication (i.e. amateur radio operator, fire or police department, hospital) for requesting emergency aid.
- ☐ Inform friends and relatives of the phone number for your out-of-area contact person.

### **Children, Elderly and Disabled**

- ☐ Authorize a neighbor or relative to pick-up and care for child(ren) in your absence.
- ☐ Provide the elderly or disabled with a whistle or other method to call for help.
- ☐ Arrange for a neighbor or friend to check on elderly or disabled family members in your absence.
- ☐ Identify a method for evacuating disabled family members.

### **Pets**

Note: Pets will not be allowed in shelters.

- ☐ Maintain current ID tag, license and method to restrain (i.e. leash, carrier).
- ☐ Provide enough dried food and water for 3 days, if confined at home.

### **School Plan**

- ☐ Familiarize yourself with your child(ren)'s school plan, including the release policy following disasters. Note: All schools conduct regular earthquake drills and most are prepared to shelter students until they are picked up by a parent or authorized representative.
- ☐ Authorize a relative, friend or neighbor to pick up your child(ren) in case you are unable to get to the school following a disaster.
- ☐ Ensure that school authorities have made arrangements to provide for any special needs (i.e. medications) that your child(ren) may have.

## **CHILD SAFETY**

### **Does your child know or carry...**

- ☐ Contact names and numbers (home, work, pager, cell, e-mail)?
- ☐ Emergency procedures including how to call 911?
- ☐ Where to meet in case of an emergency? (see below)
- ☐ How to recognize danger signals (such as fire alarms)?

### **Do you and school officials...**

- ☐ Know school emergency procedures? Is school prepared?
- ☐ Have contact names and numbers (home, work, pager, cell, e-mail)?
- ☐ Have updated information to reach parent and caretakers for pick up?
- ☐ Know type of authorization school requires to release a child to someone?

### **Do you...**

- ☐ Limit your child's TV viewing of news and raw footage of disasters?
- ☐ Make sure baby-sitter knows emergency procedures?

## **PETS AND SERVICE ANIMAL SAFETY**

- ☐ Keep license and I.D. tags current with your telephone number and your out-of-town contact number.
- ☐ Make arrangements with neighbors to rescue or care for pet.
- ☐ For evacuation: keep on a leash and pack supplies that include food, water bowl, blanket, and plastic bags for disposing of feces.
- ☐ Plan how they will be cared for after evacuation. Pets, in contrast to service animals, may not be allowed in shelters due to health regulations.



## **SPECIAL NEEDS & DISABILITIES**

- ☐ Carry a health information card if you have special needs.
- ☐ Evaluate your capacities, limitations, needs, and surroundings.
- ☐ Determine type of help you may need during an emergency.
- ☐ List information: doctors, allergies, medications, disabilities, equipment.
- ☐ Keep sufficient medication and supplies for at least 7 days on hand.

Use this space to describe your special needs:

## **HEALTH CARE PROVIDERS**

<b>NAME</b>	<b>SPECIAL NEEDS</b>	<b>PROVIDER</b>	<b>PHONE</b>
•			
•			
•			
•			

**MEDICATION LIST**

NAME	MEDICATION & DOSAGE	PHYSICIAN & PRESC. #	REASON FOR TAKING MED.
•			
•			
•			
•			
•			

Be cautious of writing names of narcotics and other drugs that could be stolen.

**COMMUNICATION PLAN**

- ☐ Meet with household. Create communication plan.
- ☐ Fill out PrepGuide (contacts, etc.) and keep it visible.



- ☐ Choose out-of-town contact that household will reach to check on each other. Contact person should have everyone's numbers and live far enough away that they would be unlikely to be affected by the same event.
- ☐ Make sure household members have this contact number plus numbers for each other (include home, work, pager, cell, e-mail).
- ☐ Identify 2 neighbors and agree to watch out for each other.
- ☐ During disaster phone may not work. Be patient and retry. Try e-mail.

### HOUSEHOLD MEMBERS

• NAME	WORK, SCHOOL, ADDRESS	PHONE, INSTRUCTIONS
•		
•		
•		
•		
•		

### OUT-OF-AREA CONTACT:

NAME	Address:	Home #:
	e-mail:	Work #:
	Pager:	Cell #:

SERVICE PROVIDERS		
Name	Phone	Other
•		
•		
•		
•		
•		

✓ List health care providers on next page.  
 ✓ Include utilities, insurance, clergy, home health care, legal, etc.

- ✓ List health care providers on next page.
- ✓ Include utilities, insurance, clergy, home health care, legal, etc.

REUNION PROCEDURES	
Inside or near home	
Outside	

[illegible]

## **SUPPLIES**

There are six basics you should stock in your home:

**WATER**  
**FOOD**  
**FIRST AID SUPPLIES**  
**CLOTHING AND BEDDING**  
**TOOLS AND EMERGENCY SUPPLIES**  
**SPECIAL ITEMS**

Keep the items that you would most likely need during an evacuation in an easy to carry container. Possible containers include:

A large covered trash container,  
A camping backpack, or  
A duffle bag.

## **WATER**

Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers and ill people will need more.

- ❑ Store two gallons of water per person, per day. (two quarts for drinking, two quarts for food preparation/sanitation) *One ounce of bleach per 55 gallons of water.*
- ❑ Keep at least a 1-2 week supply of water for each person in your household.
- ❑ Purification tablets

## **FOOD**

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact or lightweight.

Include a selection of the following foods in your Disaster Supplies Kit:

- ❑ Ready-to-eat meats, fruits and vegetables
- ❑ Canned juices, milk, soup (If powdered, store extra water)
- ❑ Staples – sugar, salt, pepper
- ❑ High energy foods – peanut butter, jelly, crackers, granola bars, trail mix
- ❑ Vitamins
- ❑ Foods for infants, elderly persons or persons on special diets
- ❑ Comfort/stress foods – cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

## **FIRST AID KIT**

Assemble a first aid kit for your home and one for each car. A first aid kit should include:

- ❑ Sterile adhesive bandages in assorted sizes
- ❑ 2-inch sterile gauze pads (4-6)
- ❑ 4-inch sterile gauze pads (4-6)
- ❑ Hypoallergenic adhesive tape
- ❑ Triangular bandages (3)
- ❑ 2-inch sterile roller bandages (3 rolls)
- ❑ 3-inch sterile bandages
- ❑ Scissors
- ❑ Tweezers
- ❑ Needle
- ❑ Moistened towelettes
- ❑ Antiseptic

## **FIRST AID KIT CON'T**

- ❑ Thermometer
- ❑ Tongue blades (2)
- ❑ Tube of petroleum jelly or other lubricant
- ❑ Sterile cotton balls
- ❑ Eye dropper
- ❑ Chemical cold pack/ice bag
- ❑ Blanket
- ❑ Sterile eyewash
- ❑ Antiseptic wipes
- ❑ Assorted sizes of safety pins
- ❑ Cleansing agent/soap
- ❑ Latex gloves (2 pair)
- ❑ Sunscreen
- ❑ Butterfly bandages
- ❑ Sterile eye patches
- ❑ Elastic bandage 3" wide
- ❑ Eye cup or small plastic cup
- ❑ First aid manual
- ❑ Calamine lotion
- ❑ Cotton swabs
- ❑ Paper cups

## **NON-PRESCRIPTION DRUGS**

- ❑ Aspirin or non-aspirin pain reliever
- ❑ Anti-diarrhea medication
- ❑ Antacid (for upset stomach)
- ❑ Syrup of Ipecac (use to induce vomiting if advised by Poison Control Center)
- ❑ Laxative
- ❑ Activated charcoal (use if advised by Poison Control Center)

## TOOLS AND SUPPLIES

- ❑ Mess kits, or paper cups, plates and plastic utensils
- ❑ Emergency preparedness manual
- ❑ Battery operated radio and extra batteries
- ❑ Flashlight and extra batteries
- ❑ Cash or travelers checks and change
- ❑ Small crowbar
- ❑ Non-electric can opener, utility knife
- ❑ Fire extinguisher; small canister ABC type
- ❑ Tube tent
- ❑ Pliers
- ❑ Duct tape
- ❑ Compass
- ❑ Matches in a waterproof container
- ❑ Aluminum foil
- ❑ Plastic storage containers
- ❑ Signal flare
- ❑ Paper and pencil
- ❑ Mini burner or camp stove
- ❑ Utensils – pots and pans
- ❑ Staple gun & staples
- ❑ Rope – 100 foot
- ❑ Safety goggles
- ❑ Needles and thread
- ❑ Medicine dropper
- ❑ Shut off wrench to turn off household gas and water
- ❑ Whistle
- ❑ Plastic sheeting
- ❑ Map of area (for locating shelters)
- ❑ Dust masks
- ❑ Work gloves

## **TOOLS AND SUPPLIES CON'T**

### **SANITATION SUPPLIES**

- ❑ Toilet paper / towelettes
- ❑ Soap, liquid detergent
- ❑ Feminine supplies
- ❑ Personal hygiene items
- ❑ Plastic garbage bags, ties (for personal sanitation uses)
- ❑ Plastic bucket with tight lid
- ❑ Disinfectant
- ❑ Household chlorine bleach
- ❑ Waterless hand soap & waterless shampoo
- ❑ Toothbrush/toothpaste or powder
- ❑ Portable toilet

## **CLOTHING AND BEDDING**

Include at least one complete change of clothing and footwear per person.

- ❑ Sturdy shoes or work boots
- ❑ Rain gear
- ❑ Blankets or sleeping bags
- ❑ Hat and gloves
- ❑ Thermal underwear
- ❑ Sunglasses



## SUGGESTIONS AND REMINDERS

- ❑ Store your kit in a convenient place known to all family members.
- ❑ Keep a smaller version of the Disaster Supplies in the trunk of your car.
- ❑ Keep items in airtight plastic bags.
- ❑ Change your stored water supply every six months so it stays fresh.
- ❑ Rotate your stored food every six months.
- ❑ Re-think your kit and family needs at least once a year.
- ❑ Replace batteries, update clothes, etc.
- ❑ Ask your physician or pharmacist about storing prescription medications.

## NOTES:

NOTES.